

# Stepping Out RI



August 2007  
Volume 1, Issue 1

RI Injury Community Planning Group/Falls Injury Prevention Subcommittee



## Starting Your Own Exercise Program

An exercise program does not have to be expensive!

The most challenging

decision is finding the right space. Once you have chosen the space, it helps to know what you will need. Here are some suggestions:

- Exercise Bike(s)
- Light hand weights
- Different strength bands/elastics

- Mats for stretching
- A TV
- VCR or DVD Player
- Various Exercise, Yoga or Tai Chi videos
- Music Player (CD/Radio)
- A scale

What would you like to have in the room? Will it be a recreational area for all to use? If so, you may want to include other items such as a card table, bookshelves, etc.

If this room will be exclusively used for exercisers, you may want to have a bulletin board showing various exercises, proper stretching and target heart rate.

Everything you need may be closer than you think. You may want to request donations from residents, families and friends for the items you need. Bake sales, craft fairs, raffles or "yard sales" can also help decrease costs.

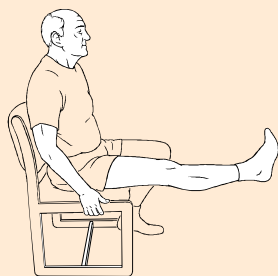
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About Our Organization

## Help Elders Reduce Their Fall Risk by Starting an Exercise Routine

One of the greatest risk factors for falls is lack of exercise. Lack of exercise weakens leg muscles. This weakness can lead to falls. By starting an exercise program, elders are taking an important step towards preventing falls and

improving their health.

Before starting any exercise routine, elders should always check with their doctor or healthcare provider.

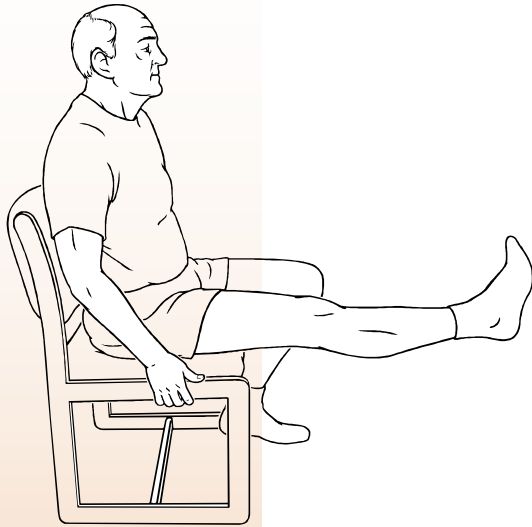
Most older adults can do moderate exercise without cause for concern.

The key is to build up endurance slowly. Try to increase to 30 minutes most days of the week.

Always remember to stretch before and after.

**It is never too late to start enjoying the benefits of exercise!**

## Exercise of the Month - Leg Extensions



***\*Always check with your healthcare provider before starting an exercise program.***

This exercise focuses on strengthening leg muscles. Increasing leg muscle strength helps in the prevention of falls.

This exercise can be done sitting or lying down. Tighten the muscle on top of your thigh and straighten out your

knee. Be careful not to “lock” your knee. Hold for 5 seconds and release. Repeat this with your other leg.

Repeat 10 times on each leg. Start with one set of ten a day and increase to 2 times a day as your muscles gain strength.

## About Our Organization

The Rhode Island Falls Injury Prevention Subcommittee is a member of the Department of Health’s Injury Community Planning Group.

The committee’s goal is to reduce

the risk of falls and resulting injuries that keep older adults (65-85+) from living in the community.

Our priority is to promote physical activity as a protective factor to prevent falls.

Visit our website at <http://www.health.ri.gov/disease/saferi/index.php> or call Germaine S. Dennaker at 222-1173 for more information.

# What Can You Do to Prevent Falls?

YOU can prevent falls by exercising regularly

Begin a regular exercise routine –

- Lack of physical activity leads to weakness and increases your chances of falling.
- Exercise is one of the most important ways to reduce your chances of falling and injuring yourself
- Exercise makes you stronger.
- Exercise improves your mood and helps you feel better.
- Exercises that improve balance and coordination (like Tai Chi) are the most helpful.
- Ask your doctor or health care provider about the best type of exercise program for you.



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Welcome to the inaugural issue of Stepping Out RI, a newsletter aimed at promoting physical activity to prevent falls and falls injuries among older adults living in the community.

This newsletter is sponsored by Safe Rhode Island, the Rhode Island Department of Health, the University of Rhode Island College of Nursing, and Blue Cross/Blue Shield of Rhode Island. The newsletter is produced by the Rhode Island Injury Community Planning Group/Falls Injury Prevention Subcommittee.